



ICEP SWEDEN RUSSIA PACKING LIST

Becket-Chimney Corners YMCA

The natural tendency is to pack too much. Don't forget, YOU CARRY WHAT YOU PACK! It is helpful to bring an extra bag to camp for pre-trip and post-trip clothing. There will be a small storage space at camp for the extra bag and items you wish to leave behind. **Remember that it is summer in Sweden and Russia** and the weather will be similar to summers in New England, warm days and cool nights.

Very Important Items

- **Backpack, Rolling Suitcase or Duffel with wheels** – This is your preference. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself.
- **Daypack** – Like a school backpack, it should be comfortable for hiking and be able to carry a water bottle, rain jacket and lunch.
- **Sleeping Bag** – Rated to 20 degrees WITH stuff sack. You will sleep in this every night. Must fit inside your backpack or suitcase.
- **Water Bottles (2)** – Nalgene style (32 oz) is preferred.

Clothing

- **Pants (2-3 prs.)** – 1 pair for work/paint use, 1 daily use, 1 dress pant (see “dress outfit”). Make sure one pair is able to dry quickly: non-cotton/non-denim.
- **Shorts (3prs.)** - One pair should be long/athletic type.
- **T-shirts (6)** – 1 dress top/shirt for homestay orientation/special events (see “dress outfit”)
- **Long Sleeved Shirts (2)** – T-shirt or other lightweight material.
- **Mid-weight Vest or Pullover (1)** – fleece or wool sweater (Wool or Synthetic to keep warm on the hajk)
- **Sweatshirt (1)** – It is important to pack layers because the temperature can vary greatly!
- **Underwear (8prs.)**
- **Hats (2)** – One warm winter hat, 1 sun or baseball style hat.
- **Gloves (2prs.)** – One warm pair and one set of work gloves.
- **Bras (3-4)**
- **Socks (8 prs.)** – 2 prs. should be synthetic hiking or wool socks.
- **Pajamas (1pr)**
- **Bathing suit (1)**
- **Long Underwear** – Polypropylene / Synthetic style, top and bottom.
- **Waterproof Rain jacket or Shell with a Hood (1)** – *campers who didn't pack this regretted it!*
- **Waterproof Rain Pants** – essential!
- **Mosquito Head Net** – For the hajk, no joke! The Outdoor Research, spring-loaded net is high-tech yet fashionable. It received very high ratings from last year's campers.
- **Work Outfit (1)** – For painting, etc., that covers shoulders, torso, and upper legs.
- **Dress Outfit (1)** – Comfortable yet presentable for homestay orientation and special events *Suggestions:* For boys - a button down shirt and khakis, for girls - a skirt and shirt, or nice pants and top.

Footwear

- **Shoes (2 prs.)** – Tough sneakers, lightweight trail shoes, or hiking boots.
- **Teva-style sandals (1pr.)** – These are very useful, particularly for the hajk.
- **Flip Flops (1pr.)** – For showering.

Miscellaneous

- **Toiletries** – Bring enough for the whole trip.
- **Strong Sun Block** – SPF 15 or higher.
- **Pads/Tampons** – Female campers should bring them even if you think you will not need them.
- **Travel Towel and Washcloth** – bring a towel that will dry quickly.
- **Money Belt or Fanny Pack** – bring something you can carry money/passport in that is close to your body (not a purse or backpack).
- **Camera with extra batteries** – Film or digital is fine. Either way, charging spaces may be limited and wall outlets will be different.
- **Memory (at least 1 GB) or Film (8-10 rolls)**
- **Watch!!** – It is really important to be on time.
- **Travel Alarm Clock** – You may be responsible for waking up the group during the trip. If your watch has an alarm, know how to use it.
- **Flashlight or Headlamp** – Compact with extra batteries. This will be your nightlight.
- **Large Plastic Trashbag (2)** – For dirty laundry and to keep things dry.
- **Ziplock Bags** – Both small and large for packing and to protect your things.
- **Bandanas (1-2)** – Good for everything.
- **Spare Eyeglasses** – Especially for contact wearers.
- **Personal Journal & Letter writing materials**
- **Gift for your Homestay Family** – Be creative; think of something special from where you live. For example: a calendar, small board games, puzzles, crafts, soccer/footballs, picture books or kitchen items.
- **First Aid Kit** – Keep it small and fill it with items you may commonly need or use.
- **Phrasebook or dictionary** – Lonely Planet recommended.
- **Bug Repellent**

Optional

- **Books, Games or Cards** - for long waits and plane rides. You can bring an iPod but you are responsible for it. Charging may not always be available, outlets will be different.
- **Outlet Adaptor** – For anything that plugs in. You can find them at Radioshack or other electronic stores. Electrical outlets are the same shape but higher voltage.
- **CD's of American music or small inexpensive gifts** – to exchange with host peers
- **Anti-bacterial Hand Gel**
- **Phone Card** – We will also help participants purchase them after arrival. If you bring one with you it may or may not work in the host country.
- **Musical Instrument**
- **Songbooks and Sheet Music** – especially with guitar notations.
- **Favorite Recipe to make**
- **Scarf** – For cold rainy days.
- **Stuff Sacks** – For keeping clothing organized.
- **Small Locks** – For luggage.
- **Sunglasses**
- **Inflatable or Compressible Travel Pillow**
- **Family Photos** – To show your homestay family about your family.
- **Decorations and ideas for American Day** – banners, balloons, postcards, maps, recipes